

RECIPE BOOK

JUICE & COOKING HUROM Recipe Book



HUROM

C O N T E N T S

p.5 PRECAUTIONS FOR USE

p.6 01. How to Get Each Ingredient Ready

p.8 02. HUROM Recipes

Easy-to-Make Juices

Red Juice / Cherry Tomato Juice

Yellow Juice / Pineapple Juice

Green Juice / Kale Juice

White Juice / Apple Juice

Purple Juice / Red Grape Juice

Mixed Juices with Various Flavors

Melon Apple Juice (Melon, Apple, Pak Choi, Celery)

Chia Seed Plus Juice (Chia seeds, Apple, Lemon, Cucumber, Celery)

Vitamin-Hydration Juice (Orange, Carrot, Apple)

Light Juice (Grapefruit, Orange, Pineapple, Carrot)

Good Morning Juice (Angelica Utilis, Pear, Grape)

Circulation Improvement Juice (Beet, Apple, Lemon)

Nut Milk

Almond Milk · Cashew Milk

HUROM Cooking

Soft Creamy Tomato Soup

Moist Cinnamon Apple Muffin

PRECAUTIONS FOR USE

To ensure maximum durability of your juicer, please prepare your ingredients as recommended. Please refer to the manual and recipe books for the recommendations on proper ingredient preparation.

FOLLOW THESE STEPS!

1. Do not use juiceless ingredients such as sesame, beans, Chinese pepper, bark, root, quince, enzyme liquids and preserved fruits in alcohol, honey, sugar, or hard-to-squeeze ingredients such as lindens, cactuses, aloes, bananas, and boiled materials. These ingredients can cause product damage.
2. Do not insert large-sized ingredients or those with extremely large content of fiber. Remove seeds that cannot be chewed with teeth from stone fruits (e.g. mangoes, sweet persimmons, plums, peaches, cherries, etc.) These ingredients may lead to the risk of product damage.
3. When pushing ingredients in a juicer, only use the pusher provided in the original package. Do not put your fingers, chopsticks or other objects into the juice outlet of this appliance. This may lead to the risk of product damage or personal injury.
4. Please open the juice cap during operation.
5. When squeezing many times or in large quantities, please empty the pulp and clean the container thoroughly before operating. It may increase pressure inside the machine, disturb the drum lid opening, or cause damage to components.
6. Ingredients that are strongly fibrous or contain seeds should be used after being separately cleaned per 1kg.
7. Close supervision is necessary to prevent children from using this appliance unsupervised.
8. Some materials are difficult to extract depending on the product model. Please refer to the manual.
9. Do not attempt to extract juice from already juiced pulp. The squeezing strainer can get clogged up.

01 HOW TO GET EACH INGREDIENT READY



CITRUS FRUITS (grapefruit, orange, lemon, etc.)

Prepare the ingredients by peeling and cutting them into smaller pieces to fit the hopper. Remove all the hard, unchewable seeds or pits before insertion.



FRUITS WITH THICK RINDS (Pineapple, dragon fruit, melon, watermelon, pomegranate, etc.)

Prepare the ingredients by peeling and cutting them into smaller pieces to fit the hopper. Remove any fruit seeds that are hard to chew before insertion.



FRUITS WITH SEEDS (grape, apple, peach, persimmon, plum, cherry, pear, melon, etc.)

Use the flesh only after removing the hard, unchewable part of the fruit, such as a peach pit. Remove apple seeds, if possible, as they can be toxic when ground. For grapes, pluck each grape from the bunch after rinsing.



LEAF AND STALK VEGETABLES (celery, kale, cabbage, water parsley, wheat sprout, chive, etc.)

Cut the ingredients into 3 cm or shorter pieces for extraction. As leaf stalk vegetables are rough and fibrous, they are not easily squeezed, and the screw can get tangled.



ROOT VEGETABLES (carrot, beet, ginger, sweet potato, potato, garlic, etc.)

Make sure to wash dirt and debris off the roots with running water. Peel the outer skins off of fibrous ingredients such as ginger, and cut long ingredients lengthways for extraction.



SOFT FRUITS (strawberry, kiwi, banana, tomato, mango, etc.)

For dry and viscous ingredients, mix with other ingredients for juicing. Remove peels and stalks in advance. Remove mango seeds.

EASY-TO-MAKE JUICES



CHERRY TOMATO JUICE

#RED

1. Remove the stems from the cherry tomatoes and wash them under running water.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Cherry tomatoes may a bit thick for your taste. Add grapes or pears to enjoy more watery juice.

PINEAPPLE JUICE

#YELLOW

1. Remove the peel of pineapple and slice into it lengthways.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Unripe pineapples contain lots of acids. Please allow ripening to prevent mouth sores.



KALE JUICE

#GREEN

1. Wash the kale thoroughly and cut into it at a length of 3 cm or shorter.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Squeeze with a pear to add moisture and sweetness to reduce the bitter taste of kale.

APPLE JUICE #WHITE

1. Wash the unpeeled apple and slice it into smaller pieces to fit the hopper.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.



RED GRAPE JUICE #PURPLE

1. Separate the grapes and wash them under running water.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.



MIXED JUICES WITH VARIOUS FLAVORS

MELON APPLE JUICE

114kcal /
Melon 200 g, Apple 100 g, Pak Choi 30 g, Celery 40 g

1. Remove the peel from the melon and slice it into smaller pieces to fit the hopper.
2. Wash the apple and slice it into smaller pieces to fit the hopper.
3. Wash the pak choy and celery thoroughly and cut them into 3 cm pieces.
4. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. You can substitute hami melon for the melon.



CHIA SEED PLUS JUICE

198kcal /
Chia seeds 10 g, Apple 150 g, Lemon 30 g, Cucumber 70 g, Celery 50 g

1. Remove the peel from the lemon.
2. Slice the apple and cucumber into smaller pieces to fit the hopper.
3. Wash the celery thoroughly and cut it into 3 cm pieces.
4. Insert the ingredients into the hopper, and put on the cap. Extract juice.
5. Mix the chia seeds into the extracted juice.



ORANGE CARROT JUICE

127kcal / Orange 200 g, Carrot 100 g, Apple 100 g

1. Remove the peel from the orange and slice it into smaller pieces to fit the hopper.
2. Wash the carrot and apple thoroughly and cut them lengthways.
3. Insert the ingredients into the hopper, and put on the cap. Extract juice.



GRAPEFRUIT ORANGE JUICE

74kcal /
Grapefruit 100 g, Orange 70 g,
Pineapple 180 g, Carrot 20 g

1. Remove the peels from the grapefruit, orange, and pineapple, and cut them lengthways to fit the hopper.
2. Wash the carrot thoroughly and cut it lengthways.
3. Insert the ingredients into the hopper, and put on the cap. Extract juice.



PEAR ANGELICA JUICE

121kcal /

Pear 100 g, Angelica Uffilis 100 g, Green Grape 120 g

1. Separate the green grapes and wash them thoroughly. Slice the pear into smaller pieces to fit the hopper.
2. Cut angelica uffilis into 3 cm pieces.
3. Insert the ingredients into the hopper, and put on the cap. Extract juice.



BEET APPLE JUICE

148kcal /

Beet 20 g, Apple 300 g, Lemon 20 g

1. Remove the peels from the beet and lemon, and slice them lengthways.
2. Wash the apple thoroughly and cut it lengthways to fit the hopper.
3. Insert the ingredients into the hopper, and put on the cap. Extract juice.



NUT MILK

ALMOND MILK

50g of almonds (1 paper cup), 250ml of water (2 paper cups),
2t of sugar, a little bit of salt

1. Clean almonds thoroughly and let them soak in water for over 6 hours.
2. Close the juice cap and pour water and almonds together for juicing.
3. Once the purée is sufficiently discharged, open the juice cap.
4. Add sugar and salt as much as you desire.

TIP. A popular kind of milk in the U.S., almond milk has low fat and salt, and rich fatty acid content, which improves metabolism to improve heart health and maintain a good nutrition balance. Milk or soy milk can be used instead of water.



CASHEW NUT MILK

50g of cashew nuts (1 paper cup), 250ml of water (2 paper cups),
2t of sugar, a little bit of salt

1. Clean cashew nuts thoroughly and let them soak in water for over 2 hours.
2. Close the juice cap and pour water and cashew nuts together for juicing.
3. Once the purée is sufficiently discharged, open the juice cap.
4. Add sugar and salt as much as you desire.

TIP. It can be processed in a variety of forms including yogurt, cream and cheese. Selenium and linoleic acid contained in cashew nuts help lower the blood cholesterol level. When extracting nut milk, do not use more than 300ml of water.



HUROM COOKING



CINNAMON APPLE MUFFIN

Medium flour 200 g, 1 Egg, Brown sugar 60 g, Butter 60 g,
Baking powder 3 g, Apple carrot juice 70 ml, Apple carrot puree 50 g,
Cinnamon powder 1/2 t, Salt

1. Prepare an apple and carrot by washing them and then cutting them lengthways to fit the hopper.
2. Insert the prepared ingredients into the hopper, and put on the cap. Extract juice.
3. Sift medium flour, baking powder, and salt into a bowl.
4. Combine room temperature butter, egg, and brown sugar in a mixing bowl.
5. Add 1/3 cup of apple carrot juice, cinnamon powder, sifted flour, and apple carrot puree, and blend thoroughly.
6. Grease a muffin pan with butter and push 1/7 or 1/8 of the mixture from the top of the mold. Bake for 20-25 minutes at a steam cooker.

TIP. Store the butter and egg at room temperature before using. You can also use an oven or an air fryer. (180°, 20 minutes)

CREAMY TOMATO SOUP

Carrot 50 g, half an onion, 3 cloves of garlic, cherry tomatoes 300 g,
butter 1 t, chicken stock (or vegetable stock), dried thyme 1/2 t,
fresh cream 2 T, slivers of parmesan cheese, salt, pepper

1. Remove the stems from the cherry tomatoes and wash them thoroughly.
2. Remove the peels from the onion, garlic, and carrot, then cut them lengthways to fit the hopper.
3. Insert the prepared cherry tomatoes, onion, garlic, and carrot into the hopper, and put on the cap. Extract juice.
4. Heat the juice puree on a buttered pan over medium heat. Garnish with dried thyme over low heat.
5. Add the juice and stock and bring it to a boil. Stir in fresh cream for 10 minutes over low heat.
6. Add salt and pepper to taste.

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